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**AGE PECULIARITIES OF BODY DYSMORPHIC DISORDER AND ITS
CORRELATION WITH SELF-ESTEEM**

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Body dysmorphic disorder (BDD) is a mental disorder. It is a disease of our time. The person with dysmorphic disorder feels incomplete in any place and at any time. Such people often turn to cosmetic products, constantly change hairstyles, clothes, makeup or go on a diet. Not only psychologists and psychiatrists, but also stylists, cosmetologists and doctors focus on BDD.

We aimed at studying BDD causes, effects and correlation with self-esteem in Armenians. The target group comprised persons 15-55 years old (totally 110 persons out of them 57 females and 53 males). The survey contained questions of body dysmorphic disorder (BDD), social physique anxiety (SPA), Rosenberg self-esteem scale, height, body mass and marital status.

According to the survey results body dysmorphic disorder is more obvious in persons aged 15-22 and 23-30. This can be explained by the fact that a person under 30 is very attentive to his/her body and appearance and most of them are dissatisfied with their appearance, which results in BDD. With the age BDD decreases. This may be related to a change of marital status, anxiety and other problems. According to the literature data, BDD reasons are numerous. Some authors state that it is primarily caused by extra body weight and non-slim physical appearance.

The results obtained show that this problem is mainly observed in persons aged 31-40 and 41-55. Despite the fact that few people aged 15-22 and 23-30 have problems with body extra weight and physical appearance, the BDD percentage is considerably high. This is caused by concerns as skin, hair, nose, eyes, lips and etc at the young age. Females are more consistent with their appearance than males. Certainly, the presence of BDD may have a negative effect on the formation of a person's self-esteem. According to BDD and self-esteem correlation data, in both females and males aged 15-22 low self-esteem dominates and the BDD percentage is 86.7% and 71.4%, respectively. The presence of BDD mainly causes low self-esteem formation. BDD decreases with the age.

Thus, the problem is urgent and the study of BDD is gaining a new impetus. To treat BDD, cognitive behavioral or cognitive therapy method is applied which requires a long time and efforts. Although the psychological treatment is very important close cooperation of doctors and psychologists to solve this problem efficiently is also very significant.

The studies have shown that nearly 30 percent of persons with BDD have education in art or design (painting, sculpture, graphic design, architecture, poetry, etc.). This can be explained by the fact that persons with BDD try to emphasize their problems in the works. The following facts from art will justify the validity of the results obtained.

“The ugly duckling” is a well-known tale by Hans Christian Andersen. The tale is about the duckling that was regarded as “different” from the rest of the brood and was mercilessly rejected and bullied by them - he was after all a swan. He was not shown much kindness in the wider world either. After surviving his first winter, he eventually embarks on an experiment to test out his fears. With every expectation of being killed or humiliated, he approaches a group of swans. Instead of attack he found acceptance and even

admiration. He saw himself reflected in the lake, a beautiful swan.

This story resonates for many people with BDD who as children have been bullied for being slightly different because of small stature, for example, specific learning difficulties, sexuality and etc. Many of these differences in appearance recede over time or can be treated cosmetically, but the psychological scars remain as BDD.

The interesting thing about Hans Christian Andersen is that he was described as a “tall, ugly boy with a big nose and big feet”. When he grew up with a beautiful voice and a passion for the theatre he was cruelly teased and mocked by other children - maybe he had BDD?

There is also a cartoon “the ugly duckling” shot based on the tale.

Another example is Brian Cuban who is a successful lawyer, activist and TV host, in his “Shattered Image: My Triumph Over Body Dysmorphic Disorder” tells about his BDD. More than 30 years he did not like his appearance in the mirror. He was an overweight child and nobody liked him. With time as a teenage he had depression alcohol and drug addiction, steroid abuse and eating disorders. After treatment Brian Cuban shared his experience with suffering and recovering from an eating disorder in his book and gave a television interview. His book helps people to learn how to lose overweight, overcome the eating disorders, alcoholism, drug addiction, depression and other psychiatric illnesses often associated with BDD. Brian Cuban has had the courage to open an emotional door that will give both men and women a true understanding of how they perceive their body image and unlock that door for a lifetime of success.

Thus, the problem is urgent and the studies of BDD are gaining a new impetus. To treat BDD cognitive behavioral or cognitive therapy method is applied which requires a long time and effort. Although the psychological treatment is very important close cooperation of doctors and psychologists to solve this problem efficiently is also very significant.